



Receive Training To Become a LIFEGUARD!

The Wichita, Department of Park and Recreation just received a grant allowing us to offer a free Lifeguard Certification Class to qualifying youth ages 15-24 in Sedgwick County. (Non income eligible students will also be accepted if space allows). There's not much time so if you're interested, act now!

LIFEGUARD READINESS

This class will help prepare you to be successful in passing the mandatory preliminary skills test for the Lifeguard Training Class. The class is open to students with some water experience, but need a little help on improving strokes and endurance.

Entry Requirements: Students must be at least age 15 by April 24, confident in chest-deep water, able to submerge under water, have the ability to float and have some stroke knowledge.

Course Content: We will focus on refining the Front Crawl and Breast Stroke so students can swim with more ease, efficiency, power and smoothness over greater distances. Additional time will be spent on submerging to retrieve an object, treading water and stamina.

Class Length: 5 classes at 1.5 hours each.
(Attendance at each class is not mandatory, but is encouraged to improve your chances of success.)

Dates:
March 29, 31 & April 5, 6, 7 5:30-7:00 pm

Location: WSU Heskett Center, 1845 Fairmount.

LIFEGUARD TRAINING

This is a Red Cross Certification class for individuals who wish to serve as a lifeguard at a pool facility. Class includes First Aid, CPR for the Professional Rescuer and Automatic External Defibrillation (AED).

Prerequisite: Students must be a minimum age of 15 by the last day of the course and complete a swim of 300-yards using the front crawl and breaststroke, a timed surface dive with a 10 pound brick recovery from a 7 foot depth and a 20-yard swim while carrying the brick. Failing the pre-test disqualifies you from the course.

Class Dates: Attendance is required at all classes.

4/9	5-9 pm	4/16	5-9 pm
4/10	9am-5 pm	4/17	9 am-1 pm
4/11	1-6 pm	4/23	5-9 pm
		4/24	9 am-1 pm

Location: WSU Heskett Center, 1845 Fairmount.

Funding for these free classes is provided by the Career Development Office with a Federal Community Services Block Grant through the Kansas Resources Corporation.



APPLICATION PROCESS: Complete the training application and e-mail or fax directly to Barbara McGuire. The application is available at all Recreation Centers and at www.wichita.gov on the Park and Recreation Aquatics link. Applicants that are income eligible will participate at no charge. Applicants not eligible to attend for free will be required to pay a \$100 registration fee along with \$38.75 for their teaching materials.

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